

Directions for completing the Team Nutrition "Go The Distance Day" Mini-Grant Application for School programs

1. To be eligible to apply for a mini-grant schools must be participating in the National School Lunch Program. Others may attend Team Nutrition training, but are not eligible to receive additional funds.
2. The school sponsor needs to complete a "[Team Nutrition School Enrollment Form](http://www.iowa.gov/educate/index.php?option=com_content&task=view&id=373&Itemid=1332)" found on the Team Nutrition web page under Join the Team for Schools, at http://www.iowa.gov/educate/index.php?option=com_content&task=view&id=373&Itemid=1332. This can be submitted with the mini-grant application.
3. Mini grants are offered in conjunction with the Iowa Sports Foundation Go the Distance Day program. Team Nutrition provides the opportunity to apply for a mini-grant to enhance healthy food intake and education on nutrition to use during the Go the Distance Day event. Go The Distance Day is a FREE one-day event designed to encourage young Iowans to increase their physical activity levels and make better food choices. To qualify for a Team Nutrition mini-grant, your team must be registered through the Go The Distance site at <http://www.iowasportsfoundation.org/goTheDistanceDay/Default.aspx> and complete a registration.
4. List the mini-grant contact person in the top section of the first page of the application. Others may or may not be involved in the activity, so additional names are optional. If a staff member is completing the application, it would be necessary to have administrative approval of the director or administrator to show that the plan is acceptable to them as a part of the school's activity.
5. Conduct a self-assessment to identify specific objectives to focus Team Nutrition activities on. This could be the self-assessment USDA Changing the Scene kit at <http://www.fns.usda.gov/tn/healthy/support.pdf> or online school wellness at <http://www.fshn.hs.iastate.edu/schoolnutrition>. These would then guide what activities are selected and what supplies would be funded by the mini-grant.
6. Mini-grants will be funded if activities are appropriate and expenditures listed follow acceptable cost procedures (see attachment). The maximum awarded to individual schools is \$500.
7. In order to be eligible for reimbursement all funds must be spent by May1, 2009 and documentation sent to the address below by May 29, 2009. Documentation including a written summary must be submitted with the documentation of expenditures outlining what was done, accomplishments, number involved in activity and any press releases or news articles done about the activity.
7. Mini-grants and documentation of costs should be sent to:
Patti Delger, Team Nutrition Project Co-Director
Bureau of Nutrition, Health and Transportation Services
Grimes State Office Building
400 East 14th St.
Des Moines, IA 50319-0146

Any questions can be directed to Patti Delger at patti.delger@iowa.gov or 515-281-5676.

REMINDER – You must be a registered as a Go The Distance Day school